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GET MOVING GET FIT

**Trident Public Health District
Physical Activity Resource Guide**



**Guide Prepared by:
Trident Public Health District
Division of Health Promotion**



Introduction

Cardiovascular disease (CVD) claims 40% of all Americans who die each year, with an average of one death every 33 seconds. That makes cardiovascular disease America's number one killer. South Carolina is ranked in the top 10 in morbidity and mortality in the nation for total CVD, and is ranked number one for stroke, according to the American Heart Association's 2002 *Heart and Stroke Statistical Update*. That study includes all 50 states, the District of Columbia, and Puerto Rico.

Cardiovascular disease accounted for 69,785 hospitalizations, and cost South Carolina more than \$1.1 billion in 1998. The major risk factors in South Carolina include: smoking, obesity, sedentary lifestyle, hypertension, diabetes, and high cholesterol. All of these, with the exception of diabetes, are modifiable risk factors. The best way to prevent and lower the incidence of CVD is physical activity and eating a proper diet. Both physical activity and proper eating habits also help diabetics reach and maintain healthy weights, and blood glucose control.

The purpose of this resource guide is to provide Charleston, Dorchester, and Berkeley County residents with information on fitness and leisure activities available in their communities. These opportunities can be used in the treatment and prevention of cardiovascular disease and its risk factors.

The writers acknowledge that this guide is not a complete list of all the recreation / physical activity outlets in this community. It may exclude some private membership gyms and other informal physical activity groups. Additionally, this guide does not serve as an endorsement of any particular program.

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Notes

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Why Should I Exercise?

The benefits of exercise are numerous, but generally fall into one of two categories: your body and your mind. In other words, exercise can help you feel better and look better.

Regular participation in physical activity helps you feel better because it increases your resistance to fatigue and gives you more energy. Physical activity can also help when coping with stress by helping you to relax and feel less tense. It improves your ability to fall asleep quickly and to sleep well. It helps to counter anxiety and depression, and can improve your self-image. Physical activity is also a great and easy way to share an activity with friends or family, and an opportunity to meet new friends.

Regular physical activity helps you look better by toning your muscles, and burns off calories to help lose extra pounds, or helps you stay at your desirable weight. Physical activity also helps you to control your appetite.

There are many other benefits to regular physical activity, even with mild to moderate exercise. Some of those benefits include: lower blood pressure, decreased insulin use in diabetics, reduced back pain. Exercise also assists in preventing osteoporosis, and reduces the risk of heart disease.

So, what's the bottom line? Any amount of physical activity is better than none, and even low-intensity physical activity, such as walking, is good. Anything you can do to keep exercising is beneficial!

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When exercising it's important to follow a few simple rules. First, make sure you are healthy. Have a physical checkup before starting an exercise program. Wear comfortable clothing that is appropriate for the activity. Start gradually and proceed at your own pace. Don't overdo it! Ensure you are doing the exercises correctly, so your body is stimulated safely. Make sure you do a proper warm-up. At least five minutes should be devoted to stretching and slower exercises. To avoid an overstretching injury, a short brisk walk is recommended before stretching. It is equally important to cool down gradually. Finally, after you exercise vigorously, spend five minutes walking or moving around slowly until your heart rate is back to normal.

When exercising it's important to be aware of warning signs your body may be sending you. If you start feeling sick, stop exercising! If you show signs of sudden dizziness, cold sweat, paleness, fainting, or pain and/or pressure in your chest stop exercising immediately and call your doctor. Listen to your body. After exercise a certain amount of soreness and stiffness is normal when beginning a routine. However, if you have an injury, such as a pulled muscle or joint, stop exercising for a few days to allow the injury to heal.

Drinking plenty of water is a simple, and important step toward maintaining good health and physical energy. Water will prevent dehydration, cool the body, and cushion your body's joints. You should drink at least 6-8 glasses of water a day, at least.

Stretching

An important step to keeping yourself healthy and limber through the years is to stretch properly. Whether you're racing for first prize or just racing to catch the bus, stretching prevents aches and pains and promotes the health of your muscles, tendons and ligaments. Stretching provides many benefits for your body, such as an increase in flexibility, help with your coordination, reduces stress, maintains joint range of motion needed for daily activities, and a reduction in muscle tension.

To reap all the benefits of stretching, it must be done correctly. Improper stretching can cause you immediate and long term injury. Tears in muscles heal leaving scar tissue. The scar tissue tightens the muscle even more, making you less flexible, and more prone to pain. Think equality, strive for balance in flexibility and stretching.

When stretching it is important to maintain normal posture or alignment, especially with the head and neck. You should stretch to the point of mild tension and hold for 15-30 seconds. Breathe naturally and regularly during each stretch. NO bouncing or jerking; rather, hold the position. Never force any stretch. It should not be painful. Continue to stretch further as you are able.



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Summary

This guide was prepared by the DHEC - Trident Public Health District, Division of Health Promotion to help increase physical activity in our communities, and to help our citizens with preventable risk factors for cardiovascular disease (CVD). However, in the preparation process it became apparent that large segments of Dorchester and Berkeley County, in particular, had few physical activity opportunities available. The individuals living in these rural areas have fewer opportunities available for activities to help them prevent CVD.

The issue of increasing physical activity opportunities in the rural areas has been addressed at both the county and local levels. When the lack of physical activity opportunities in certain areas was noticed during the preparation of this guide, it was decided to include the local fitness facilities along with the state and county opportunities. It was hoped that this would give those areas, with fewer resources, more opportunities. Unfortunately, few of the areas in need of more activities had local fitness facilities.

To assist in the effort to bring more physical activity opportunities to these areas, Trident Public Health District has teamed up with several community and church groups. Together an effort has been made to bring aerobics into these communities and churches. The communities or churches provide the sites for the classes and Trident Public Health District provides certified aerobics instructors. This is a program which could be expanded to other sites in the surrounding areas.

By putting the aerobics sites in the churches, it has provided the participants with easier access to transportation, and provided an environment where they could feel both safe and comfortable. It has also provided an activity they could share with friends or family, and perhaps make new friends.

The writers acknowledge that this guide is not a complete list of all the recreation / physical activity outlets in this community. It may exclude some private membership gyms and other informal physical activity groups. Additionally, this guide does not serve as an endorsement of any particular program.

Awendaw

- **Francis Marion National Forest**
 Sewee Visitors & Environmental Education Center
 5821 Highway 17 North
 Awendaw, SC 29429
 Contact: 928-3368
 Admission: No fee for most of the walking trails:

Trail at Center:	1.5 miles
(wheelchair, rest rooms, phone accessible.)	
Bull Island Wildlife Trail:	2 miles
Sheephead Ridge Loop:	3.7 miles
Old Fort Loop Trail:	6.6 miles
South Tibwin Trail:	5 miles
Swamp Fox Trail:	42 miles
Seewee Shell Mound Trail:	2 miles
I'On Swamp Trail:	2 miles

- Caution should be taken when accessing nature trails in the summer, the wet season and during hunting season. Fact sheets on these trails can be obtained through the Sewee Visitor and Environmental Education Center.

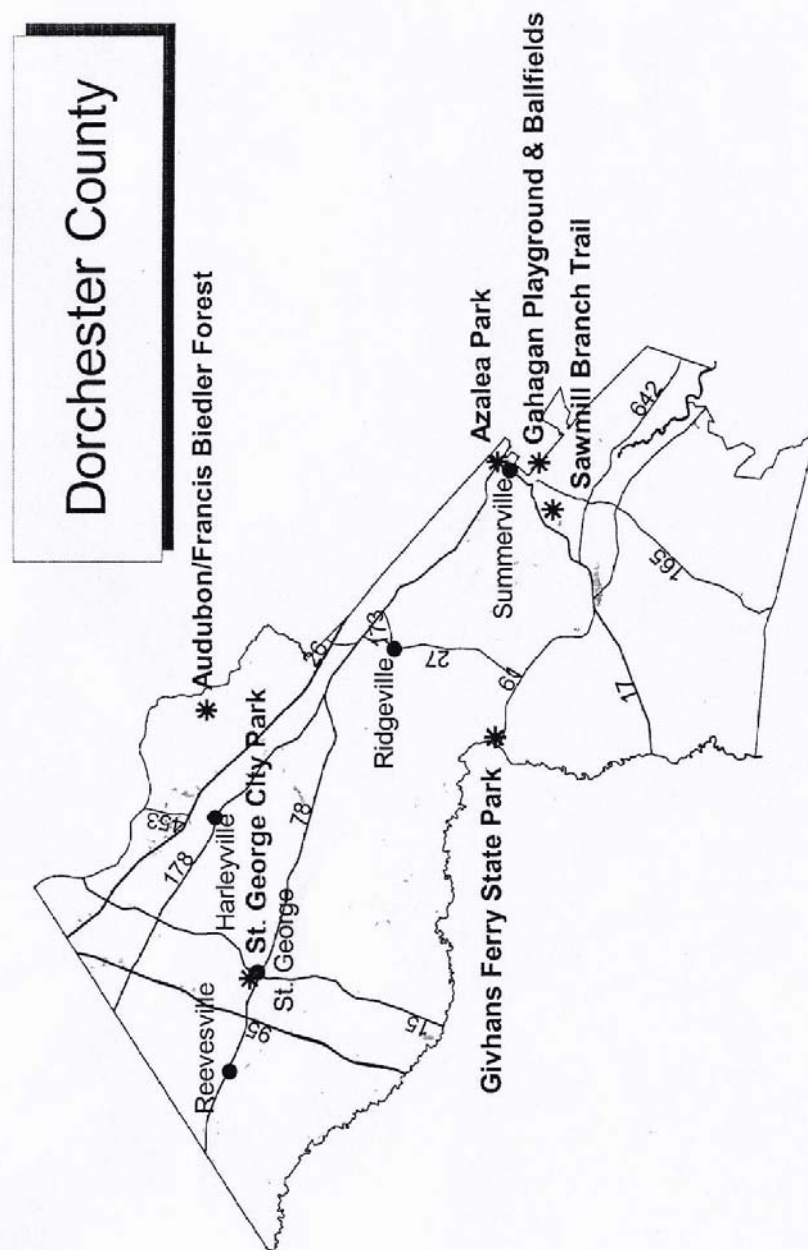
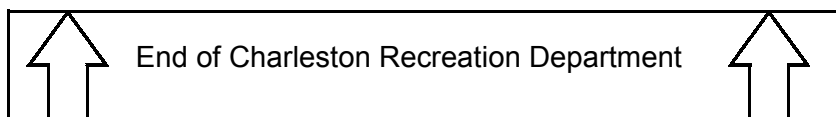
Charleston

- **City of Charleston Recreation Department**
 30 Mary Murray Drive
 Adult Sports Coordinator: Laurie Yarborough
 Contact: 720-3894

The City of Charleston Recreation Department offers a wide range of year round adult sports leagues including soccer, softball, and tennis. All require a fee to participate. There are also two gymnasiums—James Island Recreation Center and Arthur Christopher Gym with open recreational basketball. You must purchase an ID card to use these facilities. The following are all affiliated with the Charleston Department of Recreation:

Charleston

- **Arthur Christopher Gymnasium**
65 Hagood Avenue
Contact: 724-7338
Basketball.
- **St. Julian Devine Community Center**
1 Cooper Street
Contact: 724-7350
Weight room and exercise bikes. Membership is \$15.00/year. Croquet -one time fee of \$8.00
Center also has a bus that transports seniors.
- **Martin Luther King Jr. Pool**
155 Jackson Street
Contact: 724-7346
Pool open year round.
- **Martin Park Playground**
155 Jackson Street
Contact: 973-7222
Admission: Free to public
Table tennis, baseball fields, basketball courts, arts and crafts, and pool tables.
- **Hampton Park**
Mary Murray Drive
Contact: 724-7470
Admission: Free to public
Paved fitness trail for walking, bicycling, and skating.
- **Freddy Whaley Community Center**
1810 Doshier Avenue
Contact: 744-1640
Offers senior group, aerobics.



Charleston

Care Alliance Health Services

Charleston, SC 29401

Contact: 402-2273 or 1-800-868-4916

Includes: Roper Hospital, Roper Hospital North, Bon Secours St. Francis Hospital, Roper Berkeley Day Hospital, and Roper West Ashley Surgery Center.

- **Fit & Fabulous** (two locations)

Contact: 724-2489

Cost: \$20/30 classes for Advantage members. \$2.00 per class for non-members. Contact Care Alliance for more information.

- Mt. Pleasant

Life Quest
610 Coleman Blvd.

- West Ashley

Life Quest
35 Folly Rd.

- **Lowcountry Senior Games**

Contact: 724-7327

Cost: FREE!

Competitive events of adults age 50+. April 30—May 4.

- **Tai Chi Classes**

Contact: 402-2273

Cost: \$35.00

Five week program, starting April 17—May 15.

- **Gentle Yoga**

Contact: 402-2273

Cost: \$7.00 each or \$40.00 for the full 8 weeks.

Earthling Studio

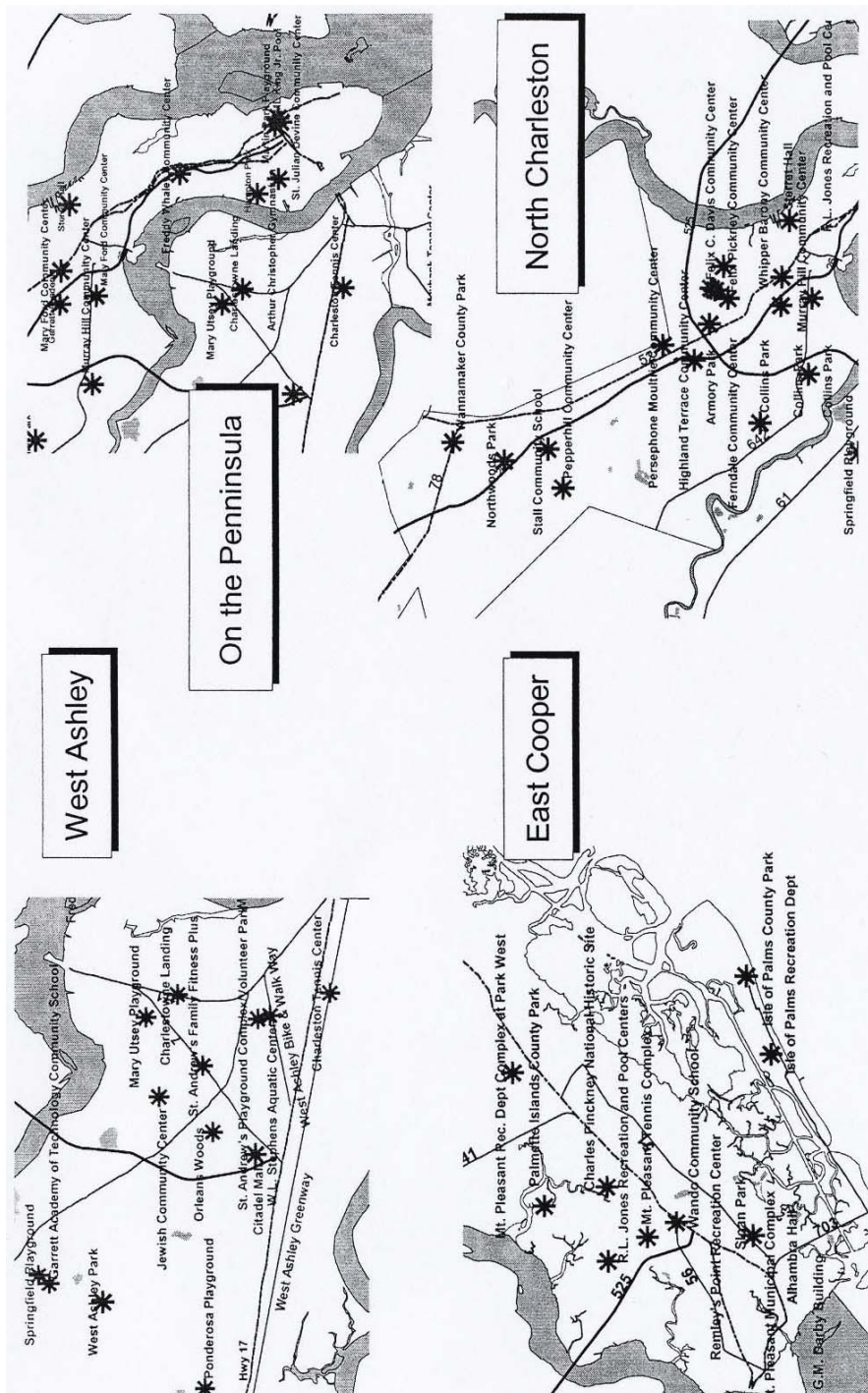
Charleston (Ansonborough Square)

334 East Bay Street

Charleston, SC 29401

Contact: 722-2639

Earthling Studio offers Pilates method of exercise. Various discounts offered. Contact the studio for more information.



Charleston

Life Quest (other locations: N. Charleston & Mt. Pleasant)
 35 Folly Rd.
 Charleston, SC 29407
 Contact: 571-2828

Life Quest offers aerobics, basketball, fitness center, free weights, massage, physical therapy, kick boxing, personal training, yoga, variable resistance, martial arts, and cardiovascular activities. For more information contact the facility.

Masters Studios of Self Defense

(4 other locations: James Island, Mt. Pleasant, N. Charleston, & West Ashley. These locations offer other classes.)

Downtown Location
 Loretta Downs-Little
 Contact: 762-6960
 Offers Tai Chi / Qi Gong

MUSC—Wellness Center

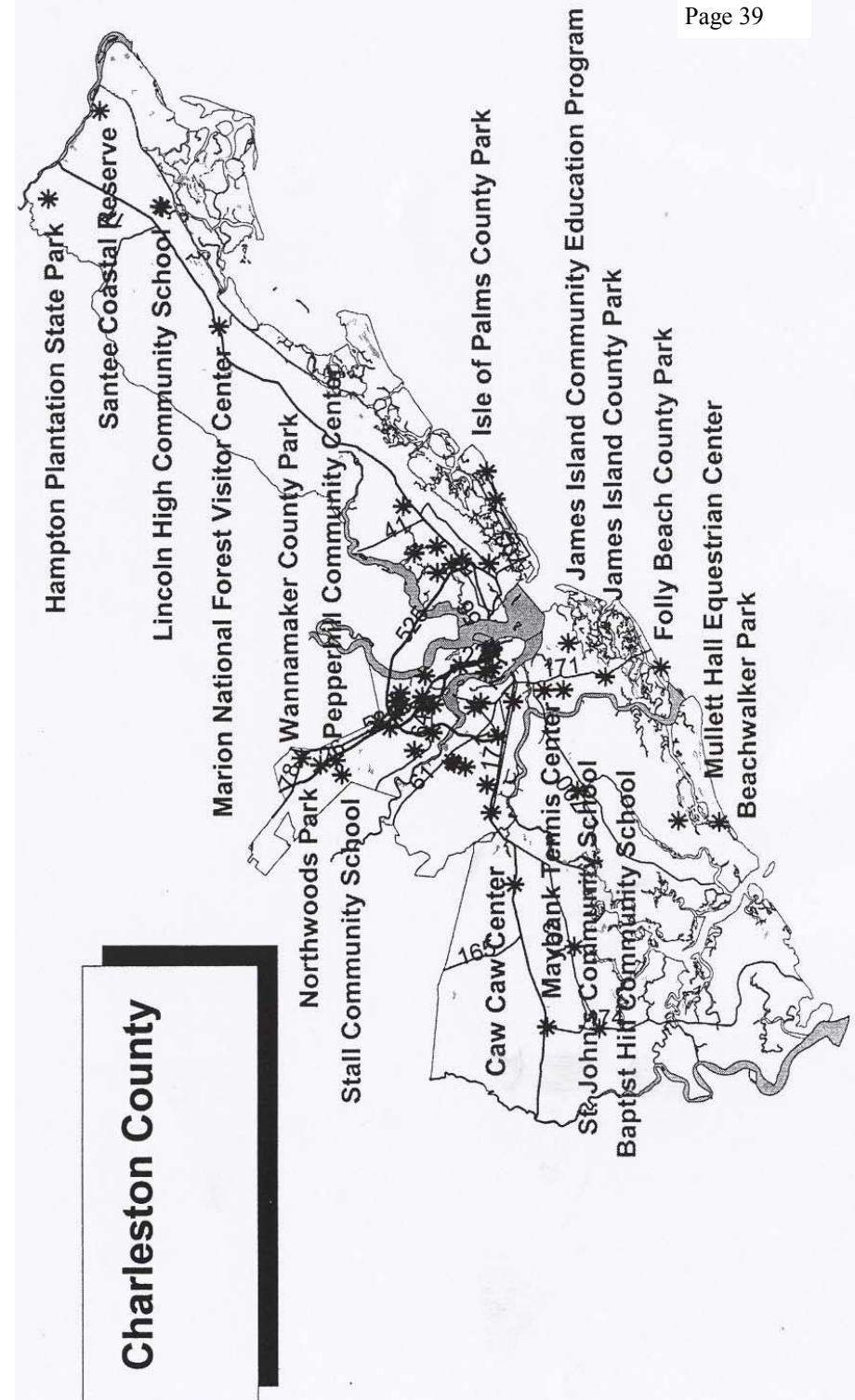
45 Courtenay Dr.
 Charleston, SC 29401
 Contact: 792-6611
 Fees: Call for fee information.

Offers aerobics, track, pool with aquatics programs, free weights, Nautilus and Universal equipment, tennis courts, racquetball courts, basketball, volleyball, gymnasium, outdoor golf driving range, and Tae Kwon Do. For more information contact the facility.

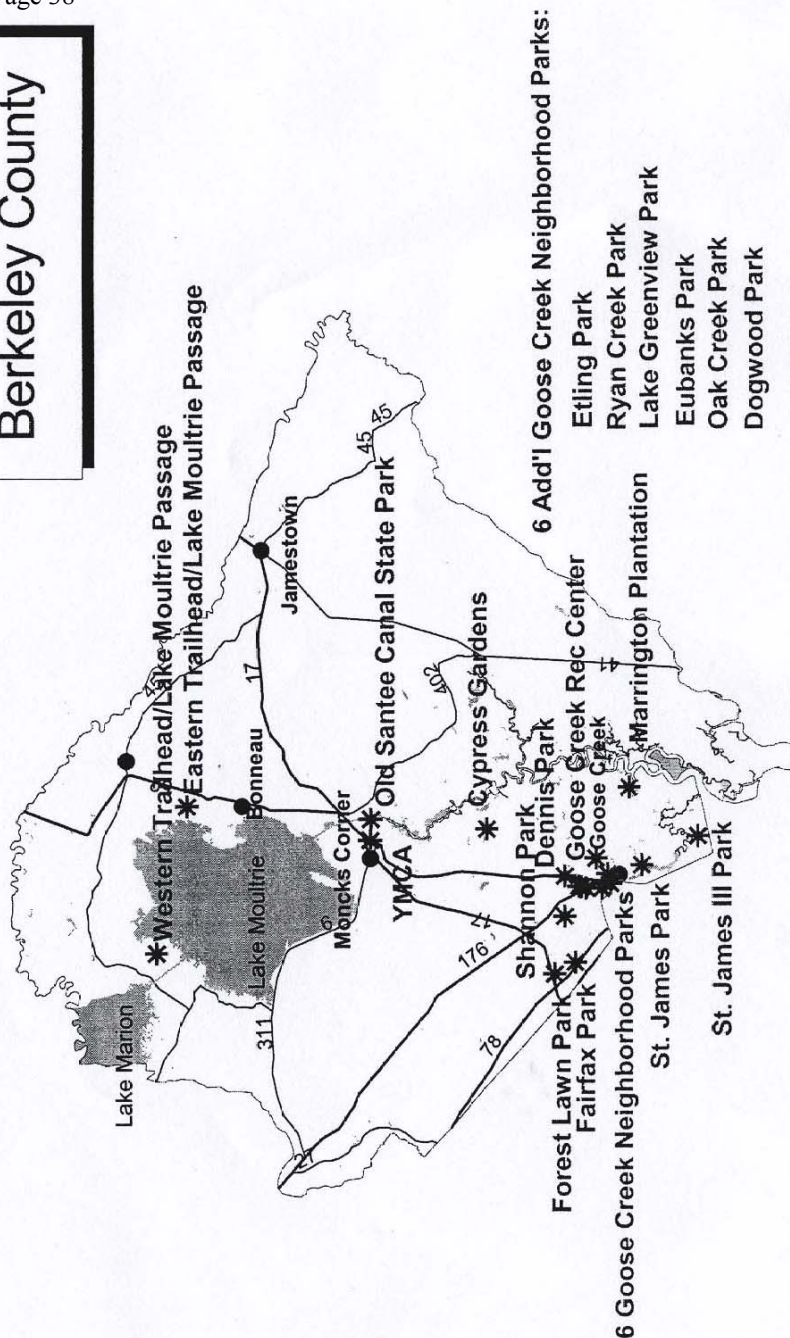
YMCA

61 Cannon St.
 Charleston, SC 29403
 Contact: 577-9622

Has a partnership with Life Quest. Memberships can be purchased for \$44.00 a month (47% is tax deductible). Members can use any of the local Life Quest facilities.



Berkeley County



Charleston

The Christian Family Y

21 George St.
Charleston, SC 29401
Contact: 723-6473
Fax: 853-5453
E-mail: info@christianfamilyy.org

Offers aerobics, pool, and aquatic programs, free weights, cardio room, treadmills, stair climbers, cycles, Universal system, and elliptical trainer.

Folly Beach

Folly Beach County Park

1010 West Ashley Ave.
Contact: 588-2426
Admission: \$5.00 per car.

The beach offers 2,000 feet of ocean frontage to walk along, and 600 feet of designated swimming area. Lifeguards are on duty seasonally.

Goose Creek

Marrington Plantation Watchable Wildlife

Contact: 764-7951 (Natural Resources Manager)
Admission: Free to the public.
Offers a 1.1 mile interpretive trail.

Goose Creek Recreation

101 Moncks Corner Rd.
Goose Creek, SC 29445
Contact: 572-1321
www.goosecreekrecreation.com

The following are part of Goose Creek Recreation:

- **Dogwood Park**
Located off Liberty Hall Rd.
Newest park, playground, and soccer / football field.

Goose Creek

- **Etling Park**
Ellen Dr. in the Pineview subdivision.
Playground, and basketball courts
- **Eubanks Parks**
Old Moncks Corner Rd. near Rec. Center.
Playground, basketball courts, sand volleyball courts, and tennis
- **Fairfax Park**
Corner of St. James Ave.
Playground
- **Forest Lawn Park**
Giles Dr. in Forest Lawn subdivision.
Playground
- **Dennis Park**
Anita Dr. in Boulder Bluff subdivision.
Playground and baseball field
- **Lake Greenview Park**
Pandora Dr. Greenview subdivision.
Playground and walking trail
- **Oak Creek Park**
Persimmon Dr. in Oak Creek subdivision.
Playground
- **Ryan Creek Park**
Janice St. in Ryan Creek subdivision.
Playground
- **Shannon Park**
Corner of Old Moncks Corner Rd.
Playground
- **St. James Park**
Westminster St. in St. James subdivision.
Playground and tennis court

Resource Guide Charts

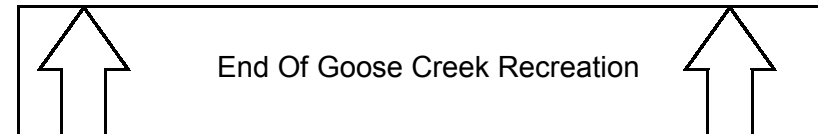
	Aerobics	Arts & Crafts	Baseball	Basketball	Biking Trail	Canoe	Community Center	Dance	Fitness Walking	Football	Gym	Kick Boxing	Martial Arts	Park	Playground	Pool	Skating Trail	Soccer	Softball	Tennis	Track	Walking Trail	Weights
St. Andrew's Playground Complex											•									•			
St. Andrew's Volunteer Park			•																				
St. George City Park				•																•	•	•	
St. James Park															•					•			
St. James III Park															•								
St. John's Community School									•				•										
St. Julians Devine Community Center																							•
Stall Comm. Ctr.								•															
Sterett Hall		•									•			•				•					
W.L. Stephens Aquatic Center																•							
Wando Community School	•												•										
Wannamaker County Park				•																		•	
West Ashley Bike & Walk Way				•													•					•	
West Ashley Greenway				•																		•	
West Ashley Park																		•				•	
Whipper Barony Community Center				•			•								•								
YMCA	•		•								•	•											•

Resource Guide Charts

	Aerobics	Arts & Crafts	Baseball	Basketball	Biking Trail	Canoe	Community Center	Dance	Fitness Walking	Football	Gym	Kick Boxing	Marital Arts	Park	Playground	Pool	Skating Trail	Soccer	Softball	Tennis	Track	Walking Trail	Weights
Miriam Brown Ctr.				●			●											●					
Mount Pleasant Municipal Complex									●	●											●		
MPRD Complex	●						●																
Mt. Pleasant Recreation Dept.										●						●					●		
Mt. Pleasant Tennis Complex			●															●			●		
Murray Hill Community Center				●			●							●	●								
MUSC Wellness Center	●			●						●		●				●				●	●		●
N. Chas. Rec. Dept.																●							
N. Charleston Community School	●							●							●								
Northwoods Park				●			●		●						●								
Oak Creek Park															●								
Old Santee Canal						●																●	
Orleans Woods	●	●																					
Palmetto Island County Park				●																	●		
Palmetto Trail				●																	●		
Pepperhill Community Center				●			●		●						●			●					
Persephone Moultrie Community Center				●			●								●								
Ponderosa Playground				●			●																
R.L. Jones Rec. & Pool Centers										●						●		●	●				
Red Top Playground				●			●								●								
Remley's Point Recreation Center				●			●								●								
Ryan Creek Park															●								
Santee Coastal Reserve																						●	
Sawmill Branch Bike/Hike Trail				●																	●		
Shannon Park															●								
Sloan Park			●												●								
Springfield Playground															●								
St. Andrew's Family Fitness Plus	●			●			●									●					●		●

Goose Creek

- **St. James III Park**
Willowwood Rd. in St. James III subdivision.
Playground



Harleyville

Audubon Francis Beidler Forest

336 Sanctuary Road

Contact: 462-2150

Admission: Adults \$6.00 and children \$3.00.

Boardwalk trail circles the sanctuary for a total walking distance of 1.75 miles.

Hollywood

Baptist Hill Community School

5117 Baptist Hill Road

Contact: 889-6852

www.charlestoncoce.org

Director: Nathaniel Brown

Offers various fitness activities, including Fitness Fun, Slimnastics for Women, Weight Lifting, co-ed Volleyball League, Organized Gym Recreation, and Women's Walking Club. Costs associated with some activities. For additional information on these or other programs available, see the Charleston County Community Education Directory, visit the Charleston County Community Education web site, or contact the Baptist Hill Community School Director.

Isle of Palms

Isle of Palms Recreation Dept.

24 28th Ave

Contact: 886-8294

Admission: Free to enter

Aerobics is offered for \$7.50 a day, or at discounted prices if you buy sessions consisting of multiple days.

Isle of Palms County Park

1 14th Avenue

Contact: 886-3863

Admission/Parking: \$5.00/car or 3 books of Greenbox .

Walking access to 600 ft ocean frontage.

James Island and John's Island

James Island Community Education Program

1000 Fort Johnson Rd.

Charleston, SC 29412

Contact: 762-5228

www.charlestoncoce.org

Director: Peggy Hogan

Offers various fitness activities, including Fitness Kick Boxing, Karate, Kung Fu, Tai Chi, Seniors Program, Low Country Seniors group. Costs associated with some activities. For additional information on these or other programs available see the Charleston County Community Education web site or contact the James Island Community School Director.

Maybank Tennis Center

1880 Houghton Drive

Contact: 406-8814

Admission: Open to the public.

Fees for city residents:

Hard courts \$3.00, clay courts \$7.00.

Resource Guide Charts

	Aerobics	Arts & Crafts	Baseball	Basketball	Biking Trail	Canoe	Community Center	Dance	Fitness Walking	Football	Gym	Kick boxing	Martial Arts	Park	Playground	Pool	Skating Trail	Soccer	Softball	Tennis	Track	Walking Trail	Weights
G.M. Darby Bldg.	●							●															
Gahagan Playground and Ball Fields				●					●						●			●				●	
Garret Academy of Technology								●															
Givhans Ferry State Park						●																●	
Greenhill Community Center				●			●								●								
Hampton Park				●													●					●	
Hampton Plantation State Park																						●	
Heat Wave Health and Fitness Club	●																						●
Highland Terrace Community Center				●			●								●								
Isle of Palms County Park									●														
James Island Community Ed.												●	●										
James Is. Co. Park				●	●												●					●	
Jewish Comm.Ctr.									●														
John's Island Park			●						●									●					
Julian Weston Tennis Center																				●			
Beachwalker Park									●														
Lake Greenview Park															●							●	
Life Quest	●			●								●	●										●
Lincoln High Community School	●										●												●
Marrington Plantation Watchable Wildlife																						●	
Martin Luther King Jr. Pool																	●						
Martin Park Playground		●	●	●																			
Mary Ford Community Center							●								●								
Mary Utsey Playground			●												●			●					
Masters Studios of Self Defense												●	●										
Maybank Tennis Ctr.																				●			
Minor Crosby Community Center				●			●										●	●					

Resource Guide Charts

	Aerobics	Arts & Crafts	Baseball	Basketball	Biking Trail	Canoe	Community Center	Dance	Fitness Walking	Football	Gym	Kick Boxing	Martial Arts	Park	Playground	Pool	Skating Trail	Soccer	Softball	Tennis	Track	Walking Trail	Weights
Alhambra Hall	●						●							●									
Armory Park														●									
Arthur Christopher Gymnasium				●																			
Audubon Francis Beidler Forest																						●	
Azalea Park																				●			
Baptist Hill																							
Community School									●		●												●
Bull Island																						●	
Care Alliance													●										
Caw Caw																							
Interpretive Center					●																	●	
Charles Pinckney Natl. Historic Site																						●	
Charleston Health and Fitness	●											●											●
Chas. Tennis Ctr.																				●			
Charlestowne Landing																						●	
Christian Family Y	●															●							●
Citadel Mall									●														
Collins Park							●							●	●								
Colonial Dorchester State Historic Site																						●	
Cypress Gardens																						●	
Danny Jones Community Center			●							●	●									●	●		
Dennis Park			●												●								
Dogwood Park									●					●	●			●					
Etling Park				●											●								
Eubanks Parks				●											●					●			
Fairfax Park															●								
Felix C. Davis Community Center	●		●				●	●		●				●	●								
Felix Pinckney Community Center				●			●							●	●	●							
Ferndale Community Center				●			●								●								
Folly Beach Co. Park									●														
Forest Lawn Park															●								
Francis Marion National Forest																						●	
Freddy Whaley Community Center	●																						

DHEC: Trident Public Health District
Division of Health Promotion

James Island and John's Island

James Island County Park

871 Riverland Drive

Contact: 795-7275

Admission: \$1.00 per person

-Paved trails for walking, biking and skating.

-Bike rentals are \$3.50 an hour or \$10.00 a day.

-Boat rentals are \$3.50 for half an hour with a \$2.00 deposit.

-Waterpark (open from 10:00 a.m.—6:00 p.m.):

General Admission Non-Resident,
\$9.99 or 6 books of Greenbax.

General Admission Resident,
\$7.99 or 5 books of Greenbax.

Children under 3 feet tall,
\$6.99 or 4 books of Greenbax.

Seniors 60+,
\$4.99

After 3:00 p.m. Mon.-Fri.,
\$3.99

St. John's Community School

1518 Main Road

Contact: 559-6460

www.charlestoncoce.org

Director: David Campbell

Offers various fitness activities, including Fitness Walking, Senior's Program, Recreation leagues, and Karate class. Costs associated with some activities. For additional information on these or other programs available, see the Charleston County Community Education Directory, visit the Charleston County Community Education web site or contact the St John's Community School Director.

John's Island Park

Contact: 724-7470

Charleston Department of Parks

Baseball fields, soccer fields, & open space for walking.

James Island and Johns Island

Beachwalker Park

Beachwalker Dr.

Contact: 768-2395

Admission: \$5.00 per car.

The park offers a wide, sandy 300 foot swimming area.

Lifeguards are on duty seasonally.

Masters Studios of Self Defense

(4 other locations: Downtown, Mt.Pleasant, N.Charleston, and West Ashley.)

James Island

848 Folly Rd.

Charleston, SC 29412

Contact: 762-1640

Masters Studios offers Kempo Karate / Ju Jitsu, Chinese Gong Fu / Wu Shu, Tai Chi Chuan / Tai Chi Sword, Weapons training, and Kick Boxing. Separate classes are offered for adults, children, beginners and advanced students. Contact the studio for more information.

McClellanville

Lincoln High Community School

PO Box 729

McClellanville, SC 29458

Contact: 887-4229

www.charlestoncoce.org

Director: Jeffery Coan

Offers various fitness activities, including aerobics, weight training, and open gym. Costs associated with some activities. For additional information on these or other programs available, see the Charleston County Community Education Directory, visit the Charleston County Community Education web site, or contact the Lincoln High Community School Director.

West Ashley

Holy Cow Yoga & Holistic Center

10B Windermere Blvd.

South Windermere Plaza

Charleston, SC 29407

Contact: 769-2269

www.holycowyoga.com

yogainfo@holycowyoga.com

Holy Cow offers several different Yoga classes which include, Kids Yoga, Mom and Me, Pre Natal / Post Natal Yoga, Power Yoga, and meditation. They have classes for all levels of Yoga experience. For more information, visit their web site or call the facility.

Masters Studios of Self Defense

(4 other locations: Downtown, James Island, Mt. Pleasant, and North Charleston.)

1888 Raoul Wallenberg Blvd.

Charleston, SC 29407

Contact: 766-7376

Masters Studios offers Kempo Karate / Ju Jitsu, Chinese Gong Fu / Wu Shu, Tai Chi Chuan / Tai Chi Sword, Weapons training, and Kick Boxing. Separate classes are offered for adults, children, beginners and advanced students. Contact the studio for more information.

Trident Health System

Located inside the Citadel Mall

Contact: 797-3463

www.tridenthealthsystem.com

Cost: Listed with activity.

Low Back Exercise Classes (FREE!), low impact aerobics, stretch, and tone (\$3.00 per session), Dancercise (\$3.00 per session), Tai Chi (\$48/6 sessions, \$5.00 off for repeat students), and Introductory Yoga (\$50/6 sessions).

West Ashley

W. L. Stephens Aquatic Center

780 Playground Road

Contact: 724-7342

Water fitness: Fee \$2.00/class

Arthritis Class: Fee \$2.00/class

Lap swimming

Care Alliance Health Services

Charleston, SC 29401

Contact: 402-2273 or 1-800-868-4916

Includes: Roper Hospital, Roper Hospital North, Bon Secours St. Francis Hospital, Roper Berkeley Day Hospital, and Roper West Ashley Surgery Center.

- **Lowcountry Senior Games**

Contact: 724-7327

Cost: FREE!

Competitive events of adults age 50+. April 30—May 4.

- **Tai Chi Classes**

Contact: 402-2273

Cost: \$35.00

Five week program, starting April 17—May 15.

- **Gentle Yoga**

Contact: 402-2273

Cost: \$7.00 each or \$40.00 for the full 8 weeks.

- **Fit & Fabulous** (two locations)

Contact: 724-2489

Cost: \$20/30 classes for Advantage members. \$2.00 per class for non-members. Contact Care Alliance for more Information.

► Mt. Pleasant
Life Quest
610 Coleman Blvd.

► West Ashley
Life Quest
35 Folly Rd.

McClellanville

Hampton Plantation State Park

1950 Rutledge Rd.

McClellanville, SC 29458

Contact: 546-9361

Fee: House tour \$3.00

Grounds free

Walking Trail: 2.5 miles.

Santee Coastal Reserve

PO Box 37

McClellanville, SC 29458

Contact: 546-8665

Admission: Free to the public.

Woodland Walking Trail: 1.1 miles.

Marsh Trail 2.9 miles.

Bike Trail: 7.2 miles.

Moncks Corner

Cypress Gardens

3030 Cypress Gardens Road

Contact: (843) 553-0515

Admission: Adults \$9.00, Age 65+ \$8.00, and children ages 6-12 \$3.00.

Offers approximately 4.5 miles of walking paths and nature trails.

-Northern Nature Trail .42 mile

-Main Path .98 mile

-Southern Nature Trail .37 mile

-Perimeter Trail .97 mile.

Old Santee Canal Park

900 Stony Landing Rd.

Contact: 899-5200

Admission: \$3.00 per person, seniors 65+ \$2.00, children under 6 free. Canoe rental is \$3.00 for a half-hour.

Offers 2.8 miles of trail for walking, and approximately two miles of canoe trail.

Moncks Corner

Palmetto Trail

Lake Moultrie Passage of the Palmetto Trail
 Contact: 761-8000 (Supervisor-Forestry and
 Undeveloped Lands, Santee Cooper Land Division)
 Admission: Free to the public.
 Offers a 26 mile trail that is flat and easy for hiking or
 riding a bike.

YMCA

210 Rembert C. Dennis Blvd.
 Moncks Corner, SC
 Contact: 761-9622
 Offers weights, aerobics, and a pool.

Mt. Pleasant

Mt. Pleasant Recreation Department

Administration:
 Mt. Pleasant Town Hall
 100 Ann Edwards Lane
 Contact: 856-2174
www.townofmountpleasant.com
 Hotline: 884-2278

The Mt. Pleasant Recreation Department offers a wide range of Adult and Senior Health & Fitness Programs/Classes for varying fees. The Mt. Pleasant Municipal Center track is open to the public. There is also open recreational swim time and open gym time. Information on programs/classes can be found in the Recreation Catalog published seasonally, on the Mt. Pleasant web page, and by calling the Recreation Department. Registration for class can be done by mail or in person at the R.L Jones Center, Darby Building, Park West or Town Hall. The following are all affiliated with the Mt. Pleasant Recreation Department:

West Ashley

St. Andrew's Family Fitness Plus

1642 Sam Rittenburg Blvd.
 Contact: 763-3850
 Admission: Membership fees vary, contact
 St. Andrew's for rates.

Offers: six racquetball courts, two half court basketball areas, aerobics, cardio kick, circuit, dance rhythms, cardio tone, pilates / exerball, massage therapy, heated indoor pool, free weights, Nautilus equipment, indoor walking/running track, and personal training.

St. Andrew's Playground Complex

1095 Playground Rd.
 Contact: 763-4360
 Facilities include: two lighted ball fields, 11 lighted tennis courts, and a gym with an activities room.

- **St. Andrew's Volunteer Park**
 Located adjacent to the St. Andrew's
 Playground Complex.
 Facilities include two lighted ball fields.

West Ashley Bike and Walk Way

Contact: 724-7470
 Charleston Department of Parks
 2.5 miles paved trail for walking, bicycling, and skating.
 Trail runs from Wappoo Road to Highway 61.

West Ashley Greenway

Contact: 724-7470
 Charleston Department of Parks
 10.5 mile greenway for walking and bicycling.
 Trail runs from Folly Road to John's Island.

West Ashley Park

Off Glenn McConnell Pkwy.
 Contact: 724-7470
 Charleston Department of Parks
 Open space, walking trail and soccer fields.

West Ashley

Citadel Mall

Hwy 7 & 17 @ I-526

Contact: 766-8321

Fee: None

Mall walking before mall opens. To join a Care Alliance mall walking group—Contact Elizabeth Willis @ 724-2361.

Jewish Community Center

1645 Raoul Wallenberg Blvd

Contact: 571-6565

Open space for walking.

Mary Utsey Playground

1350 Orange Grove Road

Contact: 724-7470

Charleston Department of Parks

Soccer and baseball fields. Sidewalk around playground for walking.

Orleans Woods

1820 Taberwood Circle

Contact: 720-3889

Senior Group: low impact aerobics and crafts.

Ponderosa Playground

845 Corral Dr.

Contact: 763-3871

Facilities include: multi-purpose ball field, basketball courts, playground and a community activities building.

Red Top Playground

3719 Old Charleston Highway

Contact: 763-3874

Facilities include: lighted ball field, basketball courts, playground and a community activities building.

Springfield Playground

2741 Clover St.

Facilities include one lighted ball field and playground.

Mt. Pleasant

- **Mt. Pleasant Tennis Complex**

889 Whipple Rd.

Contact: 856-2162

Fees: Contact the facility for fees.

Tennis, baseball and soccer field

- **R.L. Jones Recreation and Pool Centers**

391 Egypt Road

Contact: 884-2528

Pool Fees: \$2.00 annual ID fee, and a \$2.00 usage fee per visit for ages 5-54. For seniors age 55+ the usage fee per visit is \$1.00.

Gym, softball fields, soccer fields, and pool.

- **Miriam Brown Center**

118 Royal Avenue

Contact: 849-7972

Community center, playground, and basketball court

- **Sloan Park**

Playground and baseball field

- **Alhambra Hall**

131 Middle Street

Contact: 856-2166

Hall, park, aerobics, & senior groups.

- **Remley's Point Recreation Center**

363 6TH Street

Contact: 849-2059

Community center, playground, & basketball court

- **G.M. Darby Building**

302 Pitt Street

Contact: 849-2061

Fine Arts Facility, dance, & aerobics

Mt. Pleasant

- **MPRD Complex at Park West**
1251 Park West Blvd.
Contact: 856-2196
Community center, aerobics, & athletic fields
- **Julian Weston Tennis Center**
Royal Avenue
Tennis
- **Mount Pleasant Municipal Complex**
100 Ann Edwards Lane
Contact: 856-2174
Gym, track, & football field
- **Greenhill Community Center**
707 York St.
Contact: 856-2172
Community center, playground, & basketball court



Palmetto Islands County Park

444 Needlerush Parkway

Contact: 884-0832

Admission: \$1/person

943 acres with several Nature Trails:

Osprey:	0.2 miles
Marsh:	0.6 miles
Bicycle:	1.1 miles
Nature Island:	1.3 miles

Charles Pinckney National Historic Site

1240 Long Point Rd.

Contact: 881-5516

Admission: Free to public

Walking Trail: 0.5 miles.

Summerville

Trident Health System

Summerville Medical Center

295 Midland Parkway

Contact: 797-3463

www.tridenthealthsystem.com

Cost: \$38 for 4 weeks.

Offer classes in Experienced Yoga.

YMCA

900 Crosscreek Dr.

Summerville, SC 29485

Contact: 871-9622 or 871-0762

Offers a pool and aquatic activities.

Gahagan Playground and Ball Fields

West Boundary St.

Contact: 851-5211

Offers softball, football, soccer, and bike / walking trail.

St. George City Park

Minus St.

Offers walking trail, basketball, tennis, and softball.

West Ashley

Charlestowne Landing

1500 Old Towne Road (Highway 171)

Contact: 852-4200

Park has historical and interpretive trails. There is an admission fee to enter park.

Charleston Tennis Center

19 Farmfield Avenue

Contact: 724-7401

Fee required and USTA membership required.

Tennis leagues

Ravenel

Caw Caw Interpretive Center

5200 Savannah Highway

Contact: 889-8898

Admission: Adults \$4.00, seniors (60+) \$2.00, and youth (3-12) \$2.00, and children 2 and under are free.

Offers 8 miles of historical and interpretive walking trails, and a 1-3 mile guided canoe trail. The guided canoe trail is only offered on Saturdays and requires a \$10.00 fee. All needed equipment is provided for the canoe tour.

Ridgeville

Givhans Ferry State Park

746 Givhans Ferry Rd.

Contact: 873-0692

Admission: Free to the public.

Trails: The River Bluff Nature Trail is a moderate 1½ miles. The Canoe Trail is 23 miles by river (15 by highway) and, depending on current, will take seven to nine hours to paddle.

Summerville

Azalea Park

Main St.

Contact: 871-6000

Offers tennis courts.

Colonial Dorchester State Historic Site

300 State Park Rd.

Summerville, SC 29485

Contact: 873-1740

Admission: \$1.50 Adults, children 15 & under free, SC seniors 65 & older free.

Sawmill Branch Bike/Hike Trail

Contact: 871-6000

Admission: Free to the public.

Offers a 2 mile flat, 10 foot wide out and back paved trail within the city.

Mt. Pleasant

Wando Community School

1560 Mathis Ferry Road

Contact: 849-2829

www.charlestoncoce.org

Director: Tom Widlowski

Offers various fitness activities, including aerobics, martial arts, and yoga. Costs associated with some activities. For additional information on these or other programs available, see the Charleston County Community Education Directory, visit the Charleston County Community Education web site, or contact the Wando Community School Director.

Care Alliance Health Services

Charleston, SC 29401

Contact: 402-2273 or 1-800-868-4916

Includes: Roper Hospital, Roper Berkeley Day Hospital, and Roper West Ashley Surgery Center.

- **Lowcountry Senior Games**

Contact: 724-7327

Cost: FREE!

Competitive events of adults age 50+. April 30—May 4.

- **Tai Chi Classes**

Contact: 402-2273

Cost: \$35.00

Five week program, starting April 17—May 15.

- **Gentle Yoga**

Contact: 402-2273

Cost: \$7.00 each or \$40.00 for the full 8 weeks.

- **Fit & Fabulous** (two locations)

Contact: 724-2489

Cost: \$20/30 classes for Advantage Members. \$2.00 per class for non-members. Contact Care Alliance for more information.

► Mt. Pleasant

Life Quest

610 Coleman Blvd.

► West Ashley

Life Quest

35 Folly Rd.

Mt. Pleasant

Life Quest (other locations: N.Charleston & Charleston)

610 Coleman Blvd.
Mt. Pleasant, SC 29464
Contact: 849-1414

Life Quest offers aerobics, basketball, fitness center, free weights, massage, physical therapy, kick boxing, personal training, yoga, variable resistance, martial arts, and cardiovascular activities. For more information contact the facility.

Masters Studios of Self Defense

(4 other locations: Downtown, James Island, N.Charleston, and West Ashley.)

Mt. Pleasant
1021 Rifle Range Rd.
Mt. Pleasant, SC 29464
Contact: 881-4866

Masters Studios offers Kempo Karate / Ju Jitsu, Chinese Gong Fu / Wu Shu, Tai Chi Chuan / Tai Chi Sword, Weapons training, and Kick Boxing. Separate classes are offered for adults, children, beginners and advanced students. Contact the studio for more information.

North Charleston

North Charleston Recreation Department

Administrative Office
4800 Park Circle, N. Charleston 29405
Contact: 745-1028
Information Line: 740-2699
www.northcharleston.org

The North Charleston Recreation Department offers limited health & fitness classes for adults and seniors at its Park Circle site for a fee. The Recreation Department's pools offer open recreational swim times during their open season of Memorial Day weekend till Labor Day weekend. Individual admission is charged or season tickets can be purchased. The following are all affiliated with the North Charleston Recreation Department:

North Charleston

Heat Wave Health and Fitness Club

9313 Medical Plaza Dr., Suite 204
North Charleston, SC 29406
Contact: 797-0414

Heat Wave offers health, fitness, and rehabilitation services. The facility includes a full circuit training set-up, certified aerobics instructors, and full time personal trainers. They also offer a women's plan, with reduced rates, that focuses on shaping, toning, weight loss, free program designs, weights, aerobics, and nutritional guidance. The seniors plan also has reduced rates and focuses on improved strength, weight control, and cardio-respiratory fitness. For more information call the facility.

Life Quest (other locations: Charleston & Mt. Pleasant)

5101 Ashley Phosphate Rd.
North Charleston, SC 29418
Contact: 767-1899

Life Quest offers aerobics, basketball, fitness center, free weights, massage, physical therapy, kick boxing, personal training, yoga, variable resistance, martial arts, and cardiovascular activities. For more information contact the facility.

Masters Studios of Self Defense

(4 other locations: Downtown, James Island, Mt. Pleasant, and West Ashley.)
7400 N. Rivers Ave.
N. Charleston, SC 29406
Contact: 797-1031

Masters Studios offers Kempo Karate / Ju Jitsu, Chinese Gong Fu / Wu Shu, Tai Chi Chuan / Tai Chi Sword, Weapons training, and Kick Boxing. Separate classes are offered for adults, children, beginners and advanced students. Contact the studio for more information.

North Charleston

Stall Community School

7749 Pinehurst St
N. Charleston, SC 29420
Contact: 764-2236
Director: Ted Jones

Offers various fitness activities, tai chi, fencing, and dance. Costs associated with some activities. For additional information on these or other programs available see the Charleston County Education Directory, visit the Charleston County Community Education web site or contact the Stall Community School director.

Wannamaker County Park

Contact: 572-7275 (Charleston County Parks and Recreation)
Admission: \$1.00 per person.
Offers level, paved, biking and walking loop trail at the park center. Bike rentals are also available.

Charleston Health and Fitness

North Charleston
7671 Northwoods Blvd.
North Charleston, SC 29406
Contact: 824-6300
www.charlestonfitness.com

Charleston Health and Fitness offers Cybex Circuit Machines, Hammer Strength Machines, Body Master Machines, Kick Boxing, Step Aerobics, Spinning Aerobics, Cardiovascular training, and certified personal trainers. Contact the center for more information.

North Charleston

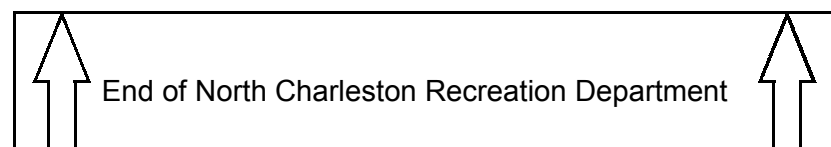
- **Armory Park**
5000 Lackawanna Blvd.
Contact: 745-1032
- **Collins Park**
Fellowship Road
Contact: 552-9446
Community center, tennis, pool, ball fields, and playground
- **Danny Jones Recreational Complex**
Monitor Street
Contact: 745-1063
Gym, track, tennis, pool, baseball and football field
- **Felix C. Davis Community Center**
4800 Park Circle
Contact: 745-1028
Community center, park, playground, baseball and football fields, Senior and adult dance and aerobics
- **Felix Pinckney Community Center**
1790 Hassel Street
Contact: 745-1036
Community center, senior center, basketball, pool, park, and playground
- **Ferndale Community Center**
1925 Iron Street
Contact: 745-1980
Community center, basketball, and playground
- **Highland Terrace Community Center**
2401 Richardson Drive
Contact: 740-1041
Community center, basketball, and playground

North Charleston

- **Mary Ford Community Center**
2141 Appleton Avenue
Contact: 308-4735
Community center, ball field, and playground
- **Minor Crosby Community Center**
3901 Paramount Drive
Contact: 308-4734
Community center, basketball, park, and playground
- **Murray Hill Community Center**
2674 Bonds Avenue
Contact: 308-4736
Community center, ball field, basketball, park, and playground
- **Northwoods Park**
8348 Greenridge Road
Contact: 572-5410
Community center, football and soccer field, basketball, and playground
- **Pepperhill Community Center**
7695 Brandywine Road
Contact: 767-0865
Community center, football and soccer field, basketball, and playground
- **Persephone Moultrie Community Center**
1919 Robertson Blvd.
Contact: 745-1081
Community center, basketball, and playground
- **Sterett Hall**
Contact: 745-1047
Art center, gym, soccer field, and park

North Charleston

- **Whipper Barony Community Center**
3855 Chestnut Street
Contact: 745-1039
Community center, basketball, and playground



Garrett Academy of Technology Community School

2731 Gordon St
N. Charleston, SC 29405
Contact: 529-3926
Director: Lincoln Stuckey

Offers dance and other fitness activities. Costs associated with some activities. For additional information on these or other programs available, see the Charleston County Education Directory, visit the Charleston County Community Education web site, or contact the Garrett Community School Director.

North Charleston Community School

1087 E. Montague Ave
N. Charleston, SC 29405
Contact: 566-1811
Director: Joi Bostic

Offers various fitness activities, including aerobics and dance. Cost associated with some activities. For additional information on these or other programs available see the Charleston County Education Directory, visit the Charleston County Community Education web site or contact the North Charleston Community School director.